2017

## Edgewater/Cliffside Par Wellness Challenge





## What is the Challenge:

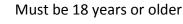
An effort to increase overall wellness in our community. Includes:

6 weeks of Free weekly exercise classes, blood pressure screenings, nutritional information

> KICKOFF: Friday, April 21, 2017, 6-7:30pm. Edgewater Community Center 1167 River Road

## Who is invited to participate:

Residents of Edgewater and Cliffside Park Cliffside Park



## **How to Register:**

~Registration will be at KICKOFF ~ For more information about the challenge contact: Patricia Dalton <u>patricia@edgewaternj.org</u> 201-943-1700 Ext. 6004 (or)

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Edgewater

